



# Gearing Up For Your Transitions

## Suicide Resources

If you are a teacher, neighbor or friend it is important to contact the child's parents/guardians as soon as it is safe to do so.

**Delaware's 24-7 Mental Health Crisis Hotline 1-800-969-HELP (4357)**

**National Suicide Prevention Lifeline:** (800) 273-TALK (8255). It is available to anyone in crisis 24 hours a day. You may call for yourself or for someone you care about. All calls are confidential.

**Delaware Division of Substance Abuse and Mental Health's Crisis Intervention**

Services – Mobile Crisis (for ages 18 and older): (800) 652-2929 (statewide); 577-2484 (New Castle Crisis); (800) 345-6785 (Kent/Sussex Crisis). Note: Any police department, hospital or walk-in clinic can call a mobile crisis unit for anyone in distress.

**Delaware's Mental Health Hotline:** (800) 652-2929

Delaware's 211 - Mental Health Association in Delaware: 564-6833 in New Castle; (800) 289-8336 in Kent or Sussex;

**National Alliance for the Mentally Ill in Delaware (NAMI-DE):** 427-0787 in New Castle; 744-9356 in Kent; 226- 3334 in Sussex

### Websites

<http://delteenspace.org/life.html> - Project LIFE is a comprehensive, statewide suicide prevention initiative targeting youth ages 10-24 supported by the Delaware Suicide Prevention Coalition (DSPC).

**National Suicide Prevention** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Lifeline** [www.mhainde.org](http://www.mhainde.org) - Mental Health Association in Delaware

**National Alliance for the Mentally Ill in Delaware** [www.namide.org](http://www.namide.org)

### Some additional info/statistics

Male teens are almost five times more likely than female teens to die by suicide. Of the

reported suicides among those age 10-24, 83 percent of the deaths are young men. However, female teens are more likely to report attempting suicide than young men.

According to Delaware Kids Count, multiracial teens have considered, planned and attempted suicide more than twice as frequently as teens of any other racial group.

Lesbian, gay, bisexual and transgender teens are at a higher risk for suicidal thoughts and attempts than heterosexual teens, according to the Suicide Prevention Resource Center.

The National Alliance on Mental Illness reports that about 80 percent of those who die by suicide give some type of warning or message to others.